



# Weekly Health Tip:

## Walk More, Decrease Risk

Walking more is a simple way for people at high risk for type 2 diabetes to greatly reduce their risk of heart disease, a new study suggests.

All participants in the study had pre-diabetes, which increases risk of heart attack and stroke. Participants were enrolled in programs aimed at increasing physical activity, losing weight and eliminating high-fat foods. Participants average daily steps were recorded at the start of the program and again 12 months later.

Researchers found that for every 2,000 steps more per day a person took at the start of the study, they had a 10 percent lower risk for heart disease in later years. And for every 2,000 steps per day increase during the study period, the risk of heart disease fell an additional 8 percent!

"Our results provide novel evidence that changing physical activity levels through simply increasing the number of steps taken can substantially reduce the risk of [heart] disease," study leader Dr. Thomas Yates, of the University of Leicester, in England, said.

"Importantly, these benefits are seen regardless of body weight or the starting level of activity," Yates said.

Pre-diabetes affects nearly 8 percent of adults (344 million) worldwide, and the number is projected to rise to 8.4 percent (472 million) by 2030.

Regardless of your health status, boost your health by adding more steps into your daily routine. For extra motivation, sign up today for Walk Idaho!

*The Lancet*, news release, Dec. 19, 2013

Source: HealthDay Copyright(c)2013 HealthDay [<http://www.healthday.com>] All rights reserved.